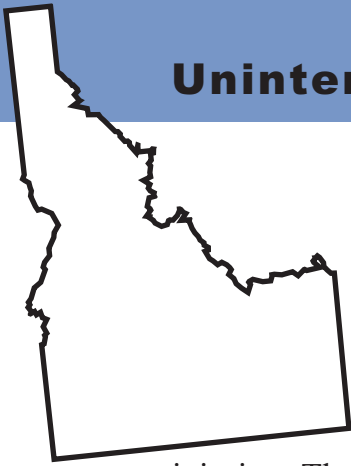


2007 Idaho Youth Risk Behavior Survey

Unintentional and Intentional Injury



In 2005, 80% of deaths among Idaho youth (aged 10-18) resulted from unintentional and intentional

injuries. The 2007 Idaho Youth Risk Behavior Survey (YRBS) measured various injury-related behaviors including helmet use while riding a bike, seatbelt use, drinking and driving, weapon carrying, violence, and suicide.

Although most of the 2007 Idaho YRBS measurements relating to injury prevention did not change significantly, there was a slight increase in the percent of students who during the previous 30 days rode in a car with someone who had been drinking (chart 1); a slight decrease in the percent of students who were in a physical fight (chart 2); and an increase in the percentage of students who have ever been forced to have sexual intercourse when they didn't want to (chart 3).



When it comes to seatbelt and helmet use, 11% of Idaho students never or rarely wore a seatbelt, and 85% of Idaho students who rode a bike in the previous year never or rarely wore a bicycle helmet. Drinking and driving is also an issue for Idaho students. One-in-three Idaho high school students rode in a car driven by someone who had been drinking

alcohol, and 14% of students drove a car after they had been drinking alcohol.

Violence and the threat of violence are issues that

Chart 1: Percent of Idaho students who in the previous 30 days rode in a car with a driver who had been drinking alcohol

(2001-2007 Idaho YRBS)

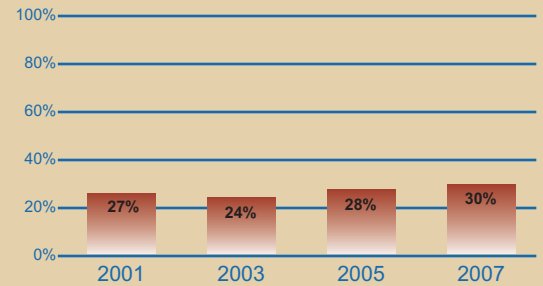


Chart 2: Percent of Idaho students who were in a physical fight one or more times during the previous 12 months

(2001-2007 Idaho YRBS)

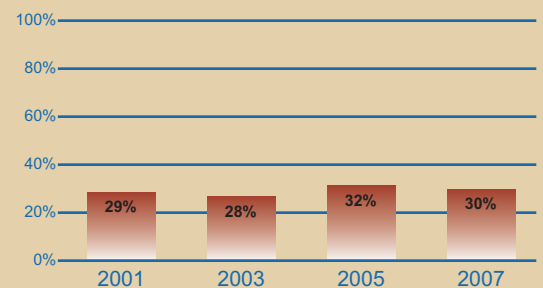
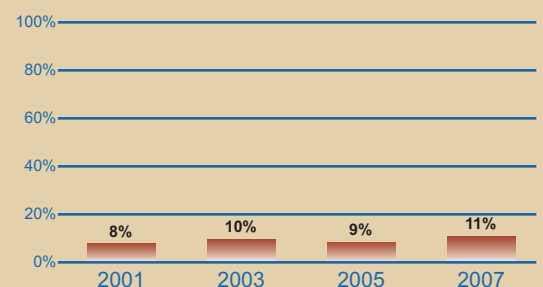


Chart 3: Percent of Idaho students who have ever been forced to have sexual intercourse when they didn't want to

(2001-2007 Idaho YRBS)



many students encounter in the school setting. In particular, one-in-ten Idaho students had been threatened or injured with a weapon on school property, and 24% of students carried a weapon during the previous year. Intimate partner violence and sexual assault are also measured by the Idaho YRBS. Among Idaho students, 14% were hit, slapped, or physically hurt by their boyfriend or girlfriend during the past year, while 11% have been forced to have sex when they did not want to.

Suicide is the second leading cause of death among youth aged 10 to 19 in Idaho, and 14% of students made a plan about how they would attempt suicide, and 8% reported actually attempting suicide during the previous year.

The following questions can be used to start a conversation in the school community about ways to prevent injury among the student population.

- 1) How do these rates compare with what we see among our own students?
- 2) Is maintaining a safe physical environment an issue in our school or district?
- 3) Is violence a big discipline issue in our school or district?
- 4) How can we improve our behavioral health services for students?
- 5) Do injury and violence interfere with attendance and students' ability to learn?
- 6) Do we have the resources to identify and assist students who are struggling with mental health and/or depression which may lead to suicide?
- 7) Do we have a written crisis response plan?
- 8) What are our goals around injury prevention and how can we achieve them?

For additional information or a full copy of the 2007 Idaho YRBS Report contact Patricia Stewart at 208.332.6929

2007 YRBS Results

Unintentional and Intentional Injury

Among Idaho students ...

Bike Helmet Use

85% never or rarely wore a bike helmet when riding a bike during the previous 12 months

Seatbelt Use

11% never or rarely wear a seatbelt when riding in a care driven by someone else

Drinking and Driving

30% rode one or more times during the previous 30 days in a car driven by someone who had been drinking alcohol

14% drove a car one or more times during the previous 30 days when they had been drinking alcohol

Weapon Carrying

24% carried a weapon such as a gun, knife, or club during the previous 30 days

10% carried a gun during the previous 30 days

10% had been threatened or injured with a weapon on school property one or more times during the previous 12 months

Violence

30% were in a physical fight one or more times during the previous 12 months

14% were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the previous 12 months

11% have been physically forced to have sexual intercourse when they did not want to

Suicide

27% felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the previous 12 months

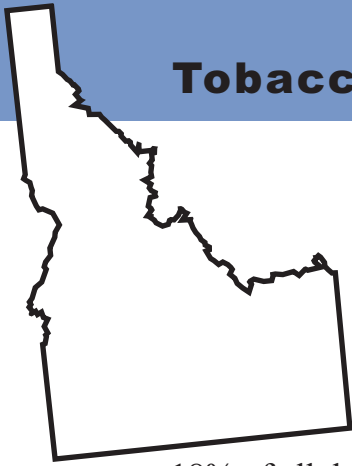
14% made a plan about how they would attempt suicide during the previous 12 months

8% attempted suicide during the previous 12 months



2007 Idaho Youth Risk Behavior Survey

Tobacco Use



Tobacco use is considered the chief preventable cause of death in the United States with an estimated

18% of all deaths attributed to tobacco use. If current patterns of smoking behavior persist, an estimated 30,000 Idaho youth are projected to die prematurely from smoking-related illnesses.

Tobacco use questions in the 2007 Idaho Youth Risk Behavior Survey (YRBS) measured smoking experimentation, current smoking patterns, age of initiation, smoking on school property and attempts to quit smoking. In addition to questions about cigarette smoking, the YRBS includes measures associated with other forms of tobacco use such as chew and cigars.

Although the proportion of students who have ever tried smoking has remained relatively unchanged over the past several years, 48% of students have smoked at least one cigarette during their lifetime (chart 1). Of greater concern however, is that the current smoking (defined as having smoked on one or more of the previous 30 days) prevalence

among Idaho teens increased substantially from 16% in 2005 to 20% in 2007 (chart 2).

The use of chewing tobacco has also increased over the past several years.

In 2007, 12% of students used chewing tobacco on one or more of the previous 30 days. While chewing tobacco is predominately used by male students (19% of male students used chewing tobacco in the previous 30 days), 4% of



Chart 1: Percent of Idaho students who have ever tried cigarette smoking, even one or two puffs

(2001-2007 Idaho YRBS)

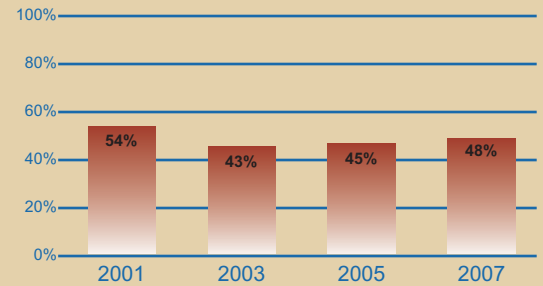


Chart 2: Percent of Idaho students who smoked a cigarette on one or more of the previous 30 days

(2001-2007 Idaho YRBS)

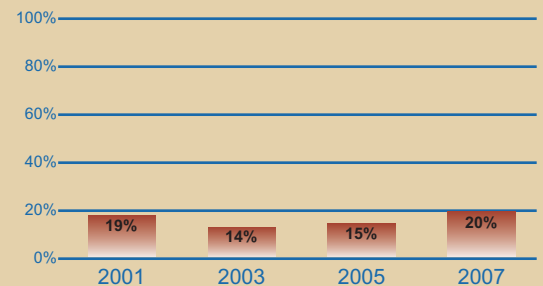
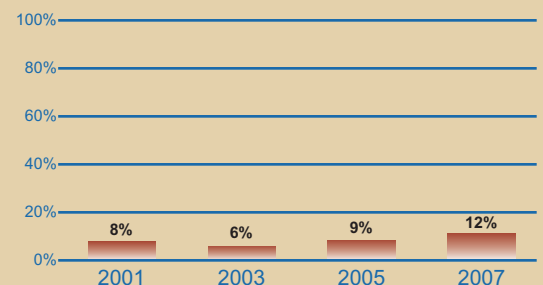


Chart 3: Percent of Idaho students who used chewing tobacco, snuff, or dip on one or more of the previous 30 days

(2001-2007 Idaho YRBS)



females students also used chewing tobacco in the previous month.

Nearly one-half (48%) of all Idaho students have tried cigarette smoking, and 14% smoked a whole cigarette before age 13. The good news is that among students who reported current cigarette use, over half (52%) have tried to quit in the past year.

In addition to cigarettes and chewing tobacco, 15% of students smoked a cigar, and 26% of students used some form of tobacco during the previous 30 days (includes cigarettes, chew, snuff, dip, cigars, cigarillos, or little cigars).

The following questions can be used to start a conversation in the school community about ways to prevent tobacco use among the student population.

- 1) How do these rates compare with what we see among our own students?
- 2) Is tobacco use a key discipline or attendance issue in our school or district?
- 3) How strong are our tobacco use policies? Are these policies properly implemented, enforced, and communicated to the school community?
- 4) How can we better educate our students and staff on tobacco use, prevention, and cessation?
- 5) Do we take part in tobacco prevention events, such as Kick Butts Day or the Great American Smokeout?
- 6) How can we improve our tobacco cessation services to students and staff?
- 7) How can we better educate families about tobacco use and inform them about community resources around prevention and cessation?
- 8) What are our goals around tobacco use and how can we achieve them?

For additional information or a full copy of the 2007 Idaho YRBS Report contact Patricia Stewart at 208.332.6929

2007 YRBS Results Tobacco Use

Among Idaho students ...

Ever Tried Smoking

48% have tried cigarette smoking, even one or two puffs, at least once during their lifetime

Age at Initiation

14% smoked a whole cigarette for the first time before age 13

Current Smoking

(Current smoking is defined as having smoked cigarettes on one or more of the previous 30 days)

20% are current smokers with no difference between the smoking rate among male and female students

7% smoked cigarettes on school property during the previous 30 days

Frequent Smoking

(Frequent smoking is defined as having smoked cigarettes on 20 or more of the previous 30 days)

8% are considered frequent smokers

Youth Access

9% of male students and 4% of female students (under age 18) usually got their own cigarettes by purchasing them in a store or gas station

Smoking Cessation

Among students who reported current cigarette use, 52% tried to quit smoking at least once during the previous 12 months

Chewing Tobacco

12% used chewing tobacco one or more of the previous 30 days and 7% of students used chewing tobacco on school property during the previous 30 days

Cigar Use

15% smoked a cigar, cigarillo, or little cigar on one or more of the previous 30 days

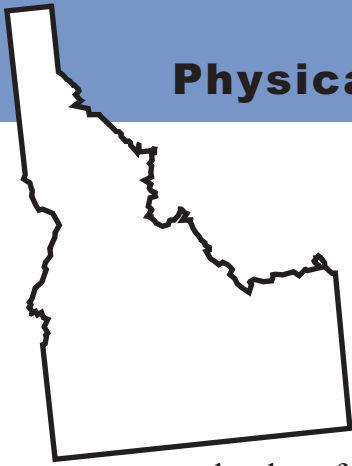
Any Tobacco Use

26% used some form of tobacco during the previous 30 days (includes cigarettes, chew, snuff, dip, cigars, cigarillos, or little cigars)



2007 Idaho Youth Risk Behavior Survey

Physical Activity and Nutrition



Physical activity helps build and maintain healthy bones and muscles, control weight, build lean muscle,

and reduce fat. In adolescence, obesity is

associated with hypertension, abnormal glucose tolerance, and adverse psychological and social consequences.

The 2007 Idaho Youth Risk Behavior Survey (YRBS) included physical activity and nutrition questions which measured self-reported height and weight, fruit and vegetable consumption, specific weight control behaviors, and participation in physical activity.

The percent of students who engaged in the recommended levels of physical activity (60 minutes per day on five or more days a week) increased from 39% in 2005 to 47% in 2007 (chart 1). Male students (57%) were significantly more likely than female students (36%) to be physically active for 60 minutes or more per day at least 5



days a week.

Despite increases in the percent of students who are physically active, the percent of students who were overweight increased to 11% (chart 2), with male students (16%) significantly more likely to be overweight than female students (6%).

The percent of students who ate five or more servings of fruit and vegetables per day during the previous week

Chart 1: Percent of Idaho students who were physically active for at least 60 minutes per day on five or more of the previous seven days

(2001-2007 Idaho YRBS)

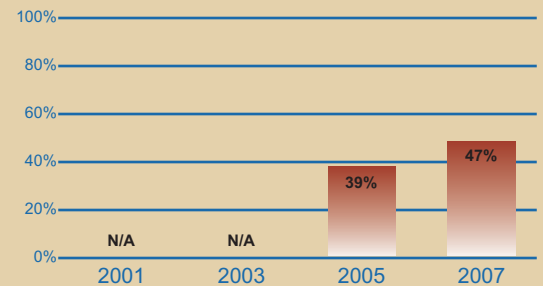


Chart 2: Percent of Idaho students who were overweight (i.e. at or above the 95th percentile for BMI, by age and sex)

(2001-2007 Idaho YRBS)

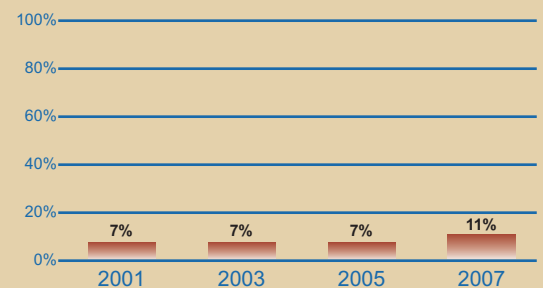
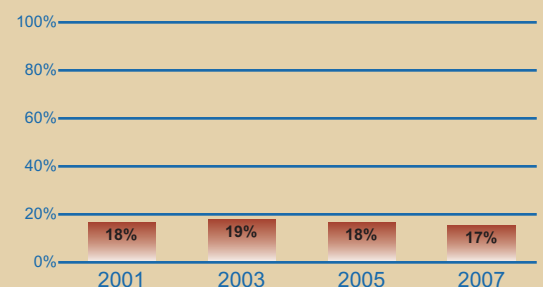


Chart 3: Percent of Idaho students who ate fruits and vegetables five or more times per day during the previous seven days

(2001-2007 Idaho YRBS)



dropped slightly to 17% (chart 3).

Compared to male students, female students are much more likely to report trying to lose weight (63%) or to describe themselves as overweight (35%).

Female students are also more likely to engage in unhealthy dietary behaviors such as going without eating for 24 hours to lose weight using diet pills, powders, or liquids without a doctor's advice; or vomiting or taking laxatives to lose weight.

The following questions can be used to start a conversation in the school community about ways to promote physical activity and good nutrition among the student population.

- 1) How do these rates compare with what we see among our own students?
- 2) Are students getting enough physical activity and good nutrition during the school day?
- 3) Are overweight and obesity affecting students' ability to learn, their self-esteem, and the school culture?
- 4) Are our physical activity and nutrition policies properly implemented, enforced, and communicated to the school community?
- 5) Are the messages we give students about nutrition in the cafeteria or hallway always the same as the messages we give them in the classroom?
- 6) Are there other ways students could be active during the school day?
- 7) Are there ways we could support families in increasing physical activity and good nutrition?
- 8) What are our goals around physical activity, nutrition, and obesity and how can we achieve them?

For additional information or a full copy of the 2007 Idaho YRBS Report contact Patricia Stewart at 208.332.6929

2007 YRBS Results

Physical Activity and Nutrition

Among Idaho students ...

At Risk for Overweight

12% of students are at risk for overweight (i.e. at or above the 85th percentile but below the 95th percentile for BMI, by age and sex)

Overweight

11% of students are considered to be overweight (i.e. at or above the 95th percentile for BMI, by age and sex)

Male students (16%) are significantly more likely to be overweight than female students (6%)

Weight Control

26% of male students and 63% of female students reported that they were trying to lose weight

61% of students exercised to lose weight or keep from gaining weight during the previous 30 days

38% of students ate less food, fewer calories, or foods low in fat in order to lose weight or keep from gaining weight during the previous 30 days

Fruit & Vegetable Consumption

71% of students ate a green salad on one or more of the previous seven days

17% of students ate fruits and vegetables five or more times during the past seven days

Nutrition

29% of male students and 17% of female students drank soda pop one or more times per day during the past seven days

Recommended Physical Activity

Male students (57%) were significantly more likely than female students (36%) to be physically active for a total of at least 60 minutes per day on five or more of the past seven days

22% watched three or more hours of TV on an average school day

Physical Education

32% attend physical education classes daily in an average school week



Sexual Activity



Early sexual activity is associated with unwanted pregnancy and sexually transmitted diseases, including HIV infection, and negative effects on social and psychological development. In Idaho, there were 1,352 out-of-wedlock births and 356 abortions among women aged 15 to 19 in 2005. The 2007 Idaho Youth Risk Behavior Survey (YRBS) included sexual behavior questions which measured the prevalence of sexual activity, alcohol and/or drug use prior to sexual activity, age at first intercourse, and whether students have received education about AIDS or HIV infection.

2007 Idaho YRBS results show continued increase in the percent of students who reported ever having had sexual intercourse (chart 1). The early initiation of sexual activity decreased slightly as 5% of students reported they had sexual intercourse for the first time before age 13 (chart 2).

It has been estimated that at least half of all new HIV infections in the U.S. are among people under 25, and the



majority of young people are infected through sexual contact. Nationally, 88% of high school students received education in school about AIDS or HIV infection. In Idaho, 82% (chart 3) of all high school students and 88% of 12th grade students have received education about AIDS or HIV

Chart 1: Percent of Idaho students who have ever had sexual intercourse

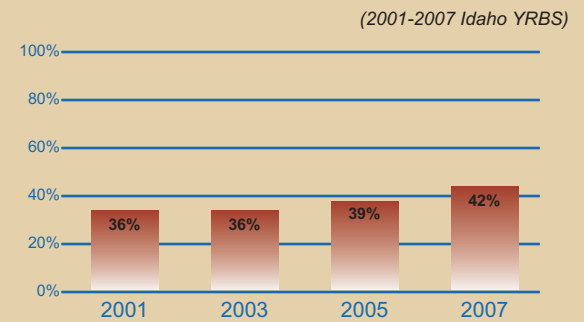


Chart 2: Percent of Idaho students who had sexual intercourse for the first time before age 13

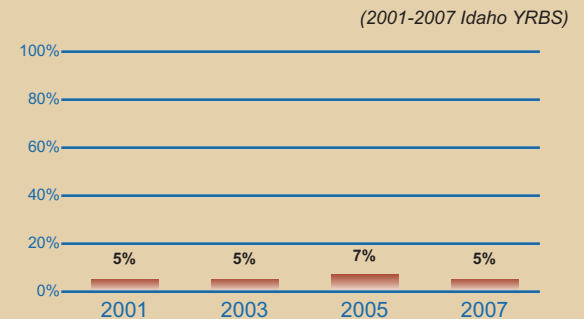
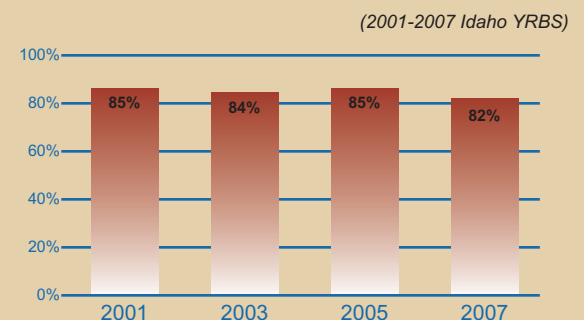


Chart 3: Percent of Idaho students who have ever been taught in school about AIDS or HIV infection



infection.

Not surprisingly, 12th grade students (60%) were significantly more likely than 9th grade students (30%) to report ever having sexual intercourse. Older students were also more likely to report having used drugs or alcohol before the last time they had sexual intercourse.

Despite the importance of AIDS or HIV infection prevention, slightly under half (45%) of all Idaho students have talked about AIDS or HIV infection with their own parents or adult family members.

The following questions can be used to start a conversation in the school community about ways to promote students' sexual health.

- 1) How do these rates compare with what we see among our own students?
- 2) How can we improve our health education, including family life and sexuality education?
- 3) How can we provide more appealing and enriching after school opportunities for our students in the school and in the community?
- 4) How can we make school and classroom climates that are more nurturing and supportive and that better connect students with caring adults?
- 5) How can we support parents in their efforts to communicate with and set limits for their children?
- 6) What are our goals around preventing and reducing sexual activity and how can we achieve them?

For additional information or a full copy of the 2007 Idaho YRBS Report contact Patricia Stewart at 208.332.6929

2007 YRBS Results Sexual Activity

Among Idaho students ...

Lifetime Sexual Activity

Slightly less than half (42%) of all students have had sexual intercourse

60% of all 12th grade students have had sexual intercourse at least once compared to 30% of all 9th grade students

Age at First Intercourse

One-in-twenty students (5%) had sexual intercourse for the first time before age 13.

In contrast to lifetime sexual activity, 9th grade students (7%) were slightly more likely than 12th grade students (5%) to report engaging in early sexual activity (i.e. before age 13)

Male students (7%) are slightly more likely than female students (4%) to engage in sexual intercourse for the first time before age 13

Alcohol and Drug Use Prior to Sexual Activity

12% drank alcohol or used drugs before they had sexual intercourse the last time

12th grade students (15%) were much more likely than 9th grade students (7%) to report alcohol or drug use before the most recent sexual activity

AIDS and HIV Education

Slightly less than half (45%) say they have talked about AIDS or HIV infection with their own parents or other adults in their family

Female students (49%) are more likely than male students (41%) to have ever talked about AIDS or HIV infection with their parents or other adult family members

82% have ever been taught in school about AIDS or HIV infection

9th grade students (72%) were least likely and 11th and 12th grade students (88%) were equally most likely to report having been taught in school about AIDS or HIV infection



2007 Idaho Youth Risk Behavior Survey

Alcohol and Other Drugs



Alcohol use is a major contributing factor in approximately half of all homicides, suicides, and motor

vehicle crashes, which are the leading causes of death and disability among young people. In addition to morbidity and mortality due to injury, drug abuse is related to suicide, early unwanted pregnancy, school failure, delinquency, and transmission of sexually transmitted diseases, including HIV.

The 2007 Idaho Youth Risk Behavior Survey (YRBS) included questions developed to measure frequency of alcohol use, age of initiation, heavy drinking, and drinking on school property. The 2007 Idaho YRBS also included drug-related questions which measured the frequency of cocaine, inhalant (like paint or other aerosols), heroin, ecstasy, methamphetamine, steroid, and injected drug use.

Current alcohol consumption among students increased to 43% in 2007 (it's highest level since 2001) and a significant increase from 35% in 2003 (chart 1).

Drug use among students also increased slightly in 2007. Marijuana was used during the previous month by



18% of students (chart 2), and lifetime methamphetamine use increased from 5% in 2005 to 6% in 2007 (chart 3).

Chart 1: Percent of Idaho students who had at least one drink of alcohol on one or more of the previous 30 days

(2001-2007 Idaho YRBS)

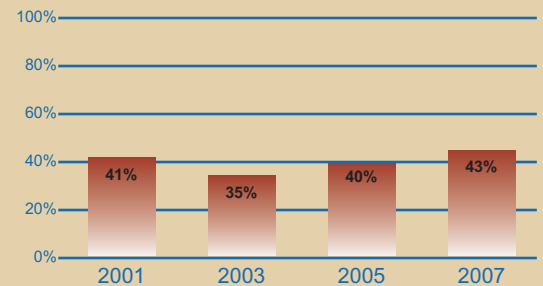


Chart 2: Percent of Idaho students who used marijuana one or more times during the previous 30 days

(2001-2007 Idaho YRBS)

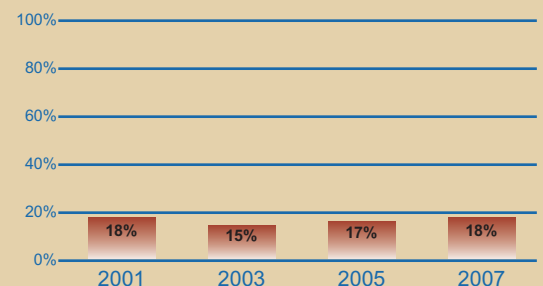
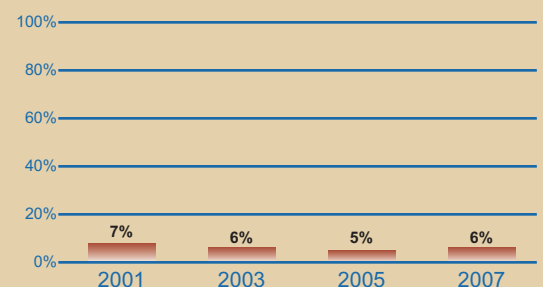


Chart 3: Percent of Idaho students who have used methamphetamines one or more times during their lifetime

(2001-2007 Idaho YRBS)



In addition to questions about drug use, the Idaho YRBS asks students if they have been offered, sold, or given an illegal drug by someone on school property. Male students (30%) are significantly more likely than female students (20%) to report that they have been offered, sold, or given drugs by someone on school property during the previous 12 months.

The following questions can be used to start a conversation in the school community about ways to prevent substance abuse.

- 1) How do students' overall substance abuse rates in our school or district compare to the rest of the state?
- 2) How do these rates compare with what we as administrators, teachers, and nurses see in the student body?
- 3) Is substance abuse a key discipline or attendance issue in this school or district?
- 4) How strong are our substance abuse policies? Are these policies properly implemented, enforced, and communicated to the school community?
- 5) How can we better educate our students and staff on substance abuse prevention?
- 6) How can we improve our substance abuse prevention services for students and employee assistance programs for staff?
- 7) How can we better educate families about substance abuse and inform them about community resources for students?
- 8) What are our goals around substance abuse prevention and how can we achieve them?

For additional information or a full copy of the 2007 Idaho YRBS Report contact Patricia Stewart at 208.332.6929

2007 YRBS Results Alcohol and Other Drug Use

Among Idaho students ...

Ever Tried Alcohol

67% of students have had at least one drink of alcohol during their life

Age of Initiation

Male students (27%) were more likely than female students (19%) to have had their first drink of alcohol before age 13

Current Alcohol Use

12th grade students (42%) were significantly more likely than 9th grade students (19%) to have had five or more drinks of alcohol in a row, on one or more of the previous 30 days

Marijuana Use

One-third have used marijuana at least once during their lifetime

Male students (11%) were significantly more likely than female students (6%) to have tried marijuana for the first time before age 13

12th grade students (26%) were significantly more likely than 9th grade students (12%) to have used marijuana during the previous month

Other Drug Use

9% of students have used cocaine at least once during their lifetime, and 4% report having used it at least once during the previous 30 days

18% have sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays to get high one or more times during their lifetime

4% have used heroin and 7% have used ecstasy at least once during their lifetime

Steroids

4% of male students and 2% of female students have used steroids without a doctor's advice

Injected Drug Use

3% of students have used a needle to inject any illegal drug into their body at least once during their lifetime

